

A Antiaging

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Dosage	References
AESCULIN	--	*
APIGENIN	--	*
ASCORBIC-ACID	400 mg/day	*
BETA-CAROTENE	--	*
BILOBALIDE	10 mg/kg orl gbl (50-100 ng/ml)	*
CAFFEIC-ACID	--	*
CHROMIUM	200-1,000 ug	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
CYCASICIN	--	*
ESCULIN	--	*
HYPEROOSIDE	--	*
QUERCETIN	--	*
S-ALLYL-L-CYSTEINE	--	*
TOCOPHEROL	--	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
VITAMIN-E	--	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95